

## CLAIMS

1. An oil composition, comprising:

at least about 88 weight percent, based on the total weight of the oil composition, of an interesterified structured lipid component;

said structured lipid component is a reaction product of an interesterification reactant charge, said reactant charge having between about 15 and about 75 weight percent, based upon the total weight of the charge, of a medium chain triglyceride having fatty acid chains from C6 to C12 in length, reacted with between about 15 and about 85 weight percent, based upon the total weight of the charge, of a long chain domestic oil having fatty acid chains of at least C16 in length; and

up to about 12 weight percent, based on the total weight of the oil composition, of a phytosterol ester component.

2. The composition in accordance with claim 1, wherein said structured lipid component comprises at least about 90 weight percent of the oil composition, and said phytosterol ester component comprises up to about 10 weight percent of the oil composition, both based upon the total weight of the oil composition.

3. The composition in accordance with claim 1, wherein said structured lipid component comprises at least about 92 weight percent of the oil composition, based upon the total weight of the oil composition.

4. The composition in accordance with claim 1, wherein said structured lipid component comprises up to about 96 weight percent of the oil composition, based upon the total weight of the oil composition.

5. The composition in accordance with claim 1, wherein said structured lipid component comprises between about 92 and about 94 weight percent of the oil composition, based upon the total weight of the oil composition.

6. The composition in accordance with claim 1, wherein said medium chain triglyceride amount is between about 25 and about 75 weight percent of the interesterification charge, and the amount of the domestic oil is between about 25 and about 75 weight percent of the charge.

7. The composition in accordance with claim 1, wherein said medium chain triglyceride amount is between about 30 and about 60 weight percent of the interesterification charge, and the amount of the domestic oil is between about 40 and about 70 weight percent of the charge.

8. The composition in accordance with claim 1, wherein said medium chain triglyceride amount is between about 35 and about 55 weight percent of the interesterification charge, and the amount of the domestic oil is between about 45 and about 65 weight percent of the charge.

9. The composition in accordance with claim 1, wherein said structured lipid component has a Brookfield viscosity at 20°C of between about 20 and about 52 centipoise.

10. The composition in accordance with claim 1, wherein said structured lipid component has a smoke point of at least about 195°C (at least about 383°F).

11. The composition in accordance with claim 1, wherein said structured lipid component has a smoke point of at least about 205°C (greater than about 400°F).

12. The composition in accordance with claim 1, wherein said phytosterol ester component has no greater than about 20% by weight, based upon the total weight of the phytosterol ester component, of a phytostanol.

13. The composition in accordance with claim 1, wherein said oil composition reduces total cholesterol adsorption in individuals.

14. The composition in accordance with claim 1, further including an edible carrier component administered to an individual at a level of at least about 0.4 grams of said oil composition per kilogram of body weight per day.

15. The composition in accordance with claim 1, wherein said oil composition is a clear liquid and remains a clear liquid for at least about six months of storage at about 21°C.

16. The composition in accordance with claim 1, wherein said oil composition has sensory attributes which are not significantly different from, or are significantly superior to, corresponding sensory properties of canola oils which do not have a phytosterol component.

17. The composition in accordance with claim 1, wherein said oil composition has sensory attributes which are not significantly different from, or are significantly superior to, corresponding sensory properties of olive oils which do not have a phytosterol component.

18. The composition in accordance with claim 1, wherein said medium chain triglyceride is selected from the group consisting of caprylic triglyceride, capric triglyceride, and combinations thereof.

19. The composition in accordance with claim 1, wherein said domestic oil is selected from the group consisting of soybean oil, corn oil, cottonseed oil, canola oil, olive oil, peanut oil, safflower oil, sunflower oil, oil from grain plants, and combinations thereof.

20. An oil composition, comprising:

an interesterified structured lipid component which is a reaction product of an interesterification reactant charge, said reactant charge having between about 15 and about 85 weight percent, based upon the total weight of the charge, of a medium chain triglyceride having fatty acid chains from C6 to C12 in length, reacted with between about 15 and about 85 weight percent, based upon the total weight of the charge, of a long chain domestic oil having fatty acid chains of at least C16 in length;

a phytosterol ester component; and

said structured lipid component and said phytosterol ester component provide an oil composition which has a Brookfield viscosity at 20°C of between about 20 and about 52 centipoise.

21. The composition in accordance with claim 20, wherein said structured lipid component comprises at least about 88 weight percent of the oil composition, based upon the total weight of the oil composition.

22. The composition in accordance with claim 20, wherein said structured lipid component comprises up to about 98 weight

percent of the oil composition, based upon the total weight of the oil composition.

23. The composition in accordance with claim 20, wherein said structured lipid component of the composition comprises between about 90 and about 96 weight percent of the composition, based upon the total weight of the oil composition.

24. The composition in accordance with claim 20, wherein said structured lipid component comprises between about 92 and about 94 weight percent of the composition, based upon the total weight of the oil composition.

25. The composition in accordance with claim 20, wherein said medium chain triglyceride amount is between about 35 and about 55 weight percent of the interesterification charge, and the amount of the domestic oil is between about 45 and about 65 weight percent of the charge.

26. The composition in accordance with claim 20, wherein said structured lipid has a smoke point of at least about 195°C (at least about 383°F).

27. The composition in accordance with claim 20, wherein said structured lipid has a smoke point of at least about 205°C (greater than about 400°F).

28. The composition in accordance with claim 20, wherein said structured lipid component has a Brookfield viscosity at 20°C of between about 20 and about 52 centipoise.

29. The composition in accordance with claim 20, wherein said medium chain triglyceride amount is between about 30 and about

60 weight percent of the interesterification charge, and the amount of the domestic oil is between about 40 and about 70 weight percent of the charge.

30. The composition in accordance with claim 20, wherein said medium chain triglyceride amount is between about 35 and about 55 weight percent of the interesterification charge, and the amount of the domestic oil is between about 45 and about 65 weight percent of the charge.

31. The composition in accordance with claim 20, further including an edible carrier component administered to an individual at a level of at least about 0.4 grams of said oil composition per kilogram of body weight per day.

32. The composition in accordance with claim 20, wherein said oil composition is a clear liquid and remains a clear liquid for at least about six months of storage at about 21°C.

33. The composition in accordance with claim 20, wherein said oil composition has sensory attributes which are not significantly different from, or are significantly superior to, corresponding sensory properties of canola oils which do not have a phytosterol component.

34. The composition in accordance with claim 20, wherein said oil composition has sensory attributes which are not significantly different from, or are significantly superior to, corresponding sensory properties of olive oils which do not have a phytosterol component.

35. The composition in accordance with claim 20, wherein said medium chain triglyceride is selected from the group

consisting of caprylic triglyceride, capric triglyceride, and combinations thereof.

36. The composition in accordance with claim 20, wherein said domestic oil is selected from the group consisting of soybean oil, corn oil, cottonseed oil, canola oil, olive oil, peanut oil, safflower oil, sunflower oil, oil from grain plants, and combinations thereof.

37. A method for making a health and nutrition promoting oil composition, comprising:

- providing a medium chain triglyceride having carbon chain lengths of between C6 and C12;

- providing domestic oil having carbon chain lengths of between C16 and C22;

- introducing a reactant charge to a reaction location, the reactant charge including between about 15 and about 85 weight percent of the medium chain triacylglyceride and between about 15 and about 85 weight percent of said domestic oil, based upon the total weight of the reactant charge;

- interesterifying said reactant charge into an interesterified structured lipid component; and

- combining said interesterified structured lipid component with a phytosterol ester component to provide an oil composition which is consumable by an individual and which promotes health and nutrition of that individual, said combining being such that said the oil composition contains at least about 90 weight percent structured lipid component and up to about 10 weight percent phytosterol ester component, based on the total weight of the oil composition.

38. The method in accordance with claim 37, wherein said composition has a Brookfield viscosity at 20°C of between about 20 and about 52 centipoise.

39. The method in accordance with claim 37, wherein said pan release composition has a smoke point of at least about 195°C (at least about 383°F).

40. A method for using a medium chain triglyceride in a health and nutrition promoting composition, comprising:

providing a medium chain triglyceride having carbon chain lengths of between C6 and C12;

providing domestic oil having carbon chain lengths of between C16 and C22;

introducing a reactant charge to a reaction location, the reactant charge including between about 15 and about 85 weight percent of the medium chain triglyceride and between about 15 and about 85 weight percent of said domestic oil, based upon the total weight of the reactant charge;

interesterifying said reactant charge into an interesterified structured lipid component;

combining said interesterified structured lipid component with a phytosterol ester component to provide a health and nutrition promoting composition; and

administering the composition to an individual in order to promote the health and nutrition of that individual.

41. The method in accordance with claim 40, wherein said composition has a Brookfield viscosity at 20°C of between about 20 and about 52 centipoise.

42. The method in accordance with claim 40, wherein said composition has a smoke point of at least about 195°C (at least about 383°F).

43. The method in accordance with claim 40, comprising combining at least about 88 weight percent of the structured lipid component, based upon the total weight of the



composition, with not greater than about 12 weight percent of the phytosterol ester component.

44. The method in accordance with claim 40, comprising combining at least about 90 weight percent of the structured lipid component and up to about 10 weight percent of the phytosterol component, both based upon the total weight of the oil composition.

45. The method in accordance with claim 40, wherein said adsorption reduces LDL cholesterol adsorption by the individual.

46. The method in accordance with claim 40, wherein said administering is at a level of at least about 0.4 grams of said oil composition per kilogram of body weight of the individual.

47. The method in accordance with claim 40, wherein said oil composition is a clear liquid and remains a clear liquid for at least about six months of storage at about 21°C.

48. The method in accordance with claim 40, wherein said oil composition has sensory attributes which are not significantly different from, or are significantly superior to, corresponding sensory properties of canola oils or olive oils which do not have a phytosterol component.